

I CLAIM:

1. A exerciser comprising:

a base including a hub provided therein,

a spindle rotatably retained in said hub of said
base, and including a peripheral plate extended
05 radially outward therefrom,

a rotary member rotatably engaged onto said
spindle,

a unidirectional driving device including a frame
engaged between said peripheral plate and said rotary
10 member, and

a pair of cranks coupled to said spindle for
driving said rotary member unidirectionally with said
unidirectional driving device.

2. The exerciser according to claim 1, wherein
said rotary member includes a casing secured in a
middle portion thereof and having an outer peripheral
portion, said rotary member includes a peripheral
05 flange extended therefrom for engaging with said outer
peripheral portion of said casing and for solidly
securing said casing to said rotary member.

3. The exerciser according to claim 2, wherein
said casing includes a plurality of axially extended
extension extended from said outer peripheral portion
04 thereof for solidly engaging into said rotary member.

4. The exerciser according to claim 1, wherein
said frame of said unidirectional driving device

includes a bore formed therein for receiving said peripheral plate of said spindle, and at least one
05 channel formed therein and communicating with said bore of said frame and having a shallower end and a deeper end, a roller received in said at least one channel of said frame, and a spring biased projection engaged in
10 said roller toward said shallower end of said at least one channel of said frame and for allowing said roller to be clamped between said frame and said peripheral plate of said spindle.

5. The exerciser according to claim 1 further comprising a wheel rotatably secured to said base with a shaft, and means for coupling said rotary member to
04 said wheel.

6. The exerciser according to claim 5, wherein said coupling means includes a first pulley provided on said wheel, said rotary member is a second pulley, and a belt engaged over said first pulley and said second
05 pulley for allowing said wheel to be rotated and driven by said second pulley.

7. The exerciser according to claim 5 further comprising means for magnetically retarding said wheel
03 to retard and brake said wheel.